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WALKING THE AIDS CIRCLE: HEALING THROUGH HEMI-SYNC®

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Barbara Bullard, professor of Speech Communications, and Kat Carroll, professor of Interpersonal Communications, have been Professional Members of The Monroe Institute® since 1989 and 1992 respectively. Barbara has applied the Human Plus tape series extensively with her community college classes. Kat also applies Hemi-Sync regularly as a body-mind teacher and Director of Quantum Living. Together, they train individuals publicly and privately on subjects related to the development of human potential. This paper, based on their joint presentation at the 1993 Professional Seminar, is an overview of work with the California Positive Immunity Program. In it, they share the “living” insights they have gained into the value of Hemi-Sync for supporting physical, emotional and mental healing for long and short-term survivors of AIDS.

Viewed as a circle, the process of birth, transformation and death presents us with a series of beginnings—for nothing ever really ends. However, it is not always easy to think in those terms when walking that circle as a survivor of AIDS. Birth becomes the act of simply waking up each day, transformation involves daily survival with new routines, foods, drugs, dramatic changes in life styles and death as a shadow, a constant reminder of life's delicacy. Working for the last two years with survivors of AIDS in the Positive Immunity Program (PIP) has allowed the two of us to journey along the edge of the fragile circle defined by the HIV virus. It has also given us precious opportunities to know the “peaceful warriors” who walk that circle daily.

Six years ago, several of our students and friends were diagnosed HIV positive. It was natural to apply our backgrounds in the use of sound, positive imagery and self-healing to help them cope with this frightening disease. A short time later, we discovered information about the H-Plus® tapes and included several of them in our work. *Regenerate, Lungs: Repair and Maintenance, and Off-Loading* were best received. In fact, within two weeks of learning to use *Regenerate*, two people reported a doubling of their T-cell counts.

Several years later, based on the research conducted by Jim Greene and Georgetown University, we embarked on a larger AIDS circle by offering the Positive Immunity Program in California. The PIP involves a weekend intensive incorporating tapes from the Gateway Experience®, Waves I and II as well as an introduction to the H-Plus tapes. It has been two years since that decision, and we would like to share some of what we have been privileged to witness on this path of birth, transformation and death.

Birth is the First Step

AIDS survivors report that living with this disease is like being reborn into a new world—one with its own language, treatments, schedules, support systems and opportunities. Initially, it can be a very intimidating experience and how well someone copes depends on his or her attitude. It is not news that attitude is a key factor in healing. We have observed this to be paramount in working with AIDS survivors. Those who resist “rebirth” with anger or fear weaken faster and have an average survival rate of eighteen months after diagnosis. Those who embrace “rebirth” with an attitude of hope seek alternative treatments, use the Monroe tapes more regularly, and have a longer survival rate. For example, of eight individuals participating in a recent PIP weekend, six reported that they had never used traditional drug therapies such as AZT and DDI. Using positive attitude, nutrition, exercise and support systems such as the Hemi-Sync tapes, these six asymptomatic individuals are classified as long-term survivors; one of them was diagnosed over eleven years ago!

Transformation and Hemi-Sync

People who have a positive attitude about their survival enter the PIP weekend workshop ready for healing and transformation, and it provides opportunities for change to occur on all levels. During the course of two days, participants are guided through the following tapes: *Orientation-F3, Introduction-F10, Advanced-F10, Free Flow F10, Introduction-F12, Energy Bar Tool, Color Breathing, Living Body Map, and Free Flow 12*. A guided imagery exercise on the immune system concludes the program. Participants are encouraged to use *Release and Recharge, Exploration Sleep, Problem Solving and One Month Patterning* independently over the next few weeks and to record their individual insights.

Transformative changes begin early in the workshop. Working with Focus 10 the first morning of the program, people may experience a physical cleansing and display such symptoms as aching and cramping muscles, headaches, nausea and back pain. Massage therapists and energy workers are available to facilitate the cleansing of toxins from the body. Participants are also encouraged to consume plenty of water throughout the weekend to aid in this process. As the group moves into the Focus 12 tapes, emotional and mental shifts begin. These shifts become integrated when, at the end of the first day, The *Living Body Map* is used as a tool to unifying the physical, emotional and mental states. On the second day, for some individuals, the experience moves to a spiritual transformation when *Free Flow 12* and an immune journey guided imagery are combined. Anyone who has worked with the Monroe Hemi-Sync tapes knows that levels of transformation are highly personal. However, powerful changes occur and are evidenced by dramatic differences in complexion, muscular relaxation, and actual reduction in AIDS symptoms. One participant suffered from Karposi's sarcoma lesions that had moved into his sinuses. He had received radiation therapy, causing the tissue around his eyes to swell severely and turn dark purple. By the workshop's end, this swelling was visibly

reduced and the discoloration had shifted to pink. He exclaimed "I can almost recognize myself when I look in the mirror!"

Such comments as, "I have never felt so relaxed," "I haven't had this much energy in months," and "I am leaving with tools that I can really use on my own - wow!" are characteristic late in the second day. Our journey does not end, however, when these individuals walk out the door. We continue as a part of their support system by monitoring and mentoring use of the tapes and introducing them to the H-Plus tapes found to be the most beneficial by former participants. These include: *Regenerate, Circulation, Reset, Restorative Sleep, Tune-Up, Lungs: Repair and Maintenance, Off-Loading* and *Let Go*. Mind Food *Energy Walk* has also been popular. Of course the Metamusic® Artist Series selections are favorites, particularly *Sleeping Through the Rain, Inner Journey, Cloudscapes, Transformation* and *Prisms*. H-Plus *Immunizing* is considered inappropriate since the Function Command, Plus-Alert, Destroy, does not bolster an immune system faced with an auto-immune disease. In addition to tape education, support group meetings provide access to and experiences in additional alternative methods such as oxygenation therapy, rebirthing and meditation.

Closing the Circle

We've also walked to the end of the circle with individuals facing the final portion of the cycle of life. Sitting by hospital beds or counseling grieving family and friends, the Monroe tapes are an integral part of the process. For example, many people choose to have Metamusic playing by the bed of a dying loved one or use it themselves as a coping tool. Following the recent death of a friend and former PIP participant, the family purchased ten tapes for their personal use. After the funeral of another participant, friends divided his tape collection up amongst other AIDS survivors. At moments like these we realize the importance of "walking the circle" with someone as he moves from rebirth, through transformations and finally finishes where he began—closing the circle and moving through death into whatever rebirth awaits.

The experiences of the last two years have proven the value of incorporating Hemi-Sync on this path. It is a coping tool for those struggling with this new way of living, it opens doors to greater human transformations, and it can be used to help create a harmonious release from a body stricken with AIDS. It certainly gives all of the "peaceful warriors" facing life with AIDS a most vital tool for their journey.